

Here are 5 key benefits of this session and how it makes you a better runner:

1. Trains Efficient Lactic Acid Recycling

- Running hard for 3 minutes generates metabolic byproducts (like hydrogen ions) that make legs feel heavy, while lactate is produced and used by your body as a valuable energy source. The short 1-minute walk forces your body to process and recycle lactate as fuel under heavy fatigue, training your muscles to sustain a fast pace for longer.

2. Boosts Aerobic Capacity (VO2 Max)

- Because 1 minute isn't enough time for your heart rate to drop completely, your heart and lungs remain elevated throughout the workout. This keeps you working near your aerobic ceiling for almost the full 32 minutes, making your cardio system much stronger.

3. Builds Superior Race-Specific Stamina

- Accumulating 24 total minutes of hard running at 5km pace builds the exact physical endurance required for race day. It bridges the gap between short sprint intervals and sustained tempo runs, making your 5km or 10km race pace feel far more sustainable.

4. Refines High-Speed Pacing Control

- With 8 repetitions and minimal rest, going out too fast on reps 1 and 2 will ruin the rest of the workout. The short recovery teaches you precise pace discipline—finding an even, sustainable 8/10 effort from the first rep to the last.

5. Develops Deep Mental Resilience

- Stepping up to 8 sets with only 60 seconds of rest tests your mental grit. Pushing through the final few reps when tired builds the psychological toughness needed to handle late-stage fatigue in any race or long event.

MFRC

Thrilling Thursday



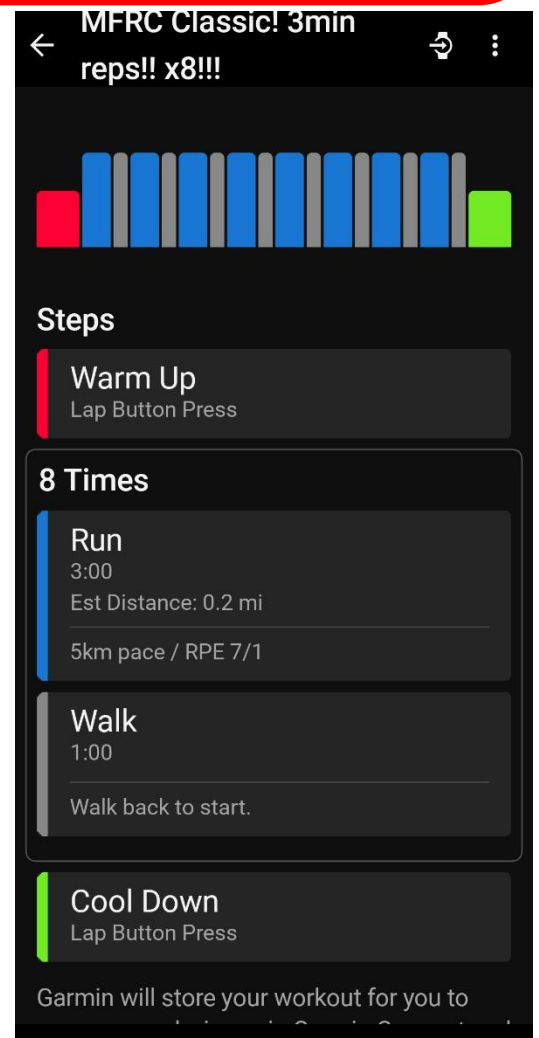
The Classic! 3mins!! X8!!!

1. Warm Up (15mins) - run to the carpark at a gentle / chatty pace

- Dynamic Running Drills (High knees, butt kicks, walking lunges, skipping, shoo the chickens)
- 3 x 60m Strides to prime the neuromuscular system

2. Main (30mins) - Run in a loop around the carpark.

- 3minute hard effort - target 5km pace 7/10
- 1minute walk back to the start!
- Repeat this 8 times



3. Cooldown (10mins) - run back to carpark gently.

Full static stretching routine (Calves, Hamstrings, Quadriceps, Hips, Upper Body)